

# *News Release*

**For Immediate Release**

**Date: April 29, 1998**

**Contact: Pennie Lewis (601) 359-1163**

[pennie@mdac.state.ms.us](mailto:pennie@mdac.state.ms.us)

## **NATIONAL EGG MONTH CELEBRATED IN MAY**

---

**May is National Egg Month and the whole month is dedicated to celebrating the many virtues of the egg. Eggs are versatile, economical and nutritious. What other food item can be served for breakfast, lunch and dinner or as a necessary ingredient in appetizers, salads and desserts?**

**The commercial egg industry contributes significantly to Mississippi's economy. In 1997, the egg industry had a total economic impact of over \$180 million and a farm cash income of over \$28 million. Mississippi ranks 15<sup>th</sup> nationally in total egg production.**

**Eggs are a natural when it comes to breakfast. Quick and easy, they can be prepared in a variety of ways for today's busy lifestyles...poached, fried, scrambled or used in making French toast, pancakes or waffles. Since breakfast is the most important meal of the day, it makes sense to start with a nutritious, warm egg breakfast.**

**For most people, lunchtime means "on-the-go". Eggs are a quick to fix item that come in their own portable pack. Hard-cooked eggs, properly packed on ice, are a perfect take along food item. Hard-cooked eggs can also be sliced and served on a lunchtime salad, adding a tasty protein boost, or they can be chopped and mixed with mayonnaise and other ingredients to form a classic sandwich favorite - egg salad!**

**(More)**

**Dinner dishes such as soufflés, omelets and quiches are egg-rich main dish favorites. But, with so many other main dish dinner entrees, eggs may not be as noticeable. However, dishes such as lasagna, meatloaf, egg foo yung, and many casseroles use eggs. And for a quick and easy dinner option, “breakfast for dinner” has become popular in many homes with scrambled eggs or pancakes being served in the evening.**

**Eggs are found in many appetizers such as egg drop soup, deviled eggs and mini quiches. They are a popular addition to salads ranging from potato salad to spinach salad. Many baked items (such as popovers, muffins or biscuits) and desserts (such as cakes, pies, ice cream and custards) simply could not be made without eggs.**

**The versatility of eggs is just one of the dozens of reasons to celebrate May, National Egg Month. Jump on the bandwagon and join in the celebration this May by preparing eggs any time of the day!**

**-30-**

**Feature editors note: Egg Recipes follow**

## **Fresh and Flavorful Spinach Lasagna**

Makes 8 servings

1 cup chopped onion  
1 cup sliced mushrooms  
1 8-ounce package reduced-fat cream cheese  
1 12-ounce container 1% low-fat cottage cheese  
½ cup grated Parmesan cheese, divided  
6 eggs  
2 10-ounce packages frozen chopped spinach, thawed, drained & squeezed dry  
9 lasagna noodles, cooked as directed on package  
1 26-ounce jar low-fat pasta sauce  
1¼ cups shredded part-skim mozzarella cheese, divided

In a medium non-stick skillet coated with non-stick cooking spray, sauté the onions and mushrooms until tender; set aside. In a large mixing bowl, beat the cream cheese until smooth; add the cottage cheese, ¼ cup Parmesan cheese and eggs, beating well. Stir in onion mixture and spinach until all ingredients are combined. Spread ½ cup of the spinach mixture in the bottom of a 13x9-inch baking dish that has been coated with non-stick cooking spray. Arrange 3 noodles over the spinach mixture; top with 1 cup of spinach mixture, ¾ cup of pasta sauce, ¼ cup of mozzarella cheese and 1 tablespoon Parmesan cheese. Repeat the layers. Top lasagna with remaining Parmesan and mozzarella cheeses. Cover and bake at 350° F for 50 minutes. Uncover and bake an additional 10 minutes, allowing cheese to brown. Let stand 10 minutes before serving.

## **Tantalizing Mixed Salad**

Makes 4 servings

6 cups mixed salad greens  
½ cup chopped, unpeeled Granny Smith apple  
½ cup chopped, unpeeled red Delicious apple  
1 cup dried cherries  
4 hard-cooked eggs, quartered  
¼ cup walnuts, divided  
¼ cup Gorgonzola cheese, divided  
Salt and fresh ground black pepper, to taste  
Prepared balsamic vinaigrette dressing

In large bowl, combine salad greens, apples and cherries. Divide salad mixture evenly among four salad plates. Top each with four egg quarters, one tablespoon walnuts and one tablespoon cheese. Drizzle with balsamic vinaigrette; serve with additional dressing if desired.